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Claims:

1. A hydroxycitric acid composition for reducing body weight wherein said composition comprises

- 5 a) approximately 14 to 26% by weight of calcium, and
- b) approximately 24 to 40% by weight of potassium or approximately 14 to 24% by weight of sodium, or a mixture thereof, each calculated as a percentage of the total hydroxycitric acid content of said composition.

10 2. A composition as recited in claim 1 wherein the sodium comprises less than approximately 2% by weight.

3. A composition as recited in claim 1 wherein the calcium comprises approximately 18 to 26% by weight.

4. A composition as recited in claim 1 wherein the potassium comprises approximately 28 to 36% by weight.

15 5. A composition as recited in claim 1 wherein the lactone forms of hydroxycitric acid comprise less than approximately 4% by weight of the total hydroxycitric acid content of the composition.

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6. A dietary supplement composition for reducing body weight comprising a hydroxycitric acid composition of at least approximately 40% by weight of total hydroxycitric acid which further comprise approximately 5 to 13% by weight of calcium, and approximately 9 to 20% by weight of potassium or approximately 5 to 5 12% by weight of sodium, or a mixture thereof, each calculated as a percentage of the total weight of said hydroxycitric acid composition.

7. A composition as recited in claim 6 wherein the hydroxycitric acid composition comprises approximately 55-65% by weight.

8. A composition as recited in claim 7 wherein the calcium comprises 10 approximately 9 to 13% by weight.

9. A composition as recited in claim 7 wherein the potassium comprises approximately 14 to 18% by weight.

10. A composition as recited in claim 6 wherein the lactone forms of hydroxycitric acid comprise less than approximately 2% by weight of the total weight 15 of the composition.

11. A composition as recited in claim 6 wherein the sodium comprises less than approximately 1% by weight.

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12. A food product for use in reducing body weight which comprises a prepared food product together with a hydroxycitric acid composition wherein said composition comprises at least approximately 40% by weight of hydroxycitric acid together with approximately 14 to 26% by weight of calcium, and approximately 24 to 5 40% by weight of potassium or approximately 14 to 24% by weight of sodium, or a mixture thereof, each calculated as a percentage of the total hydroxycitric acid content of said composition.

13. A food product as recited in claim 12 wherein the hydroxycitric acid composition comprises approximately 55-65% by weight.

10 14. A food product as recited in claim 13 wherein the calcium comprises approximately 18 to 26% by weight.

15. A food product as recited in claim 13 wherein the potassium comprises approximately 28 to 36% by weight.

16. A food product as recited in claim 12 wherein the sodium comprises less 15 than approximately 2% by weight.

17. A food product as recited in claim 12 wherein the lactone forms of hydroxycitric acid comprise less than approximately 4% by weight of the total hydroxycitric acid content of the composition.

20 18. A food product as recited in claim 12 wherein said hydroxycitric acid composition comprises approximately 0.001 to 25% by weight of the total weight of said prepared food product.

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19. A method for reducing body weight which comprises administering to a mammal in need of such treatment an effective amount of a hydroxycitric acid composition wherein the hydroxycitric acid content of said composition comprises approximately 14 to 26% by weight of calcium, and approximately 24 to 40% by weight of potassium or approximately 12 to 24% by weight of sodium, or a mixture thereof, each calculated as a percentage of the total hydroxycitric acid content of said composition.

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10 20. A method as recited in claim 17 wherein the composition is administered to said mammal in the range of from approximately 1 to approximately 25 milligrams per kilogram of body weight of said mammal per day.